ABSTRACT OF THE DISCLOSURE

In push type fittings capable of timely changing a length of a loop such as a necklace, a bracelet and the like, the aforesaid push type fitting, includes a hollow outer body which is formed to have an aperture portion at an upper end and a pair of insertion holes opposing each other in side surfaces perpendicular to the aperture, for passing a chain there through; a cylindrical sliding body which is formed to be tightly closed at one end with an aperture at the other end and to have a pair of through holes in side surfaces perpendicular to the aperture opposing each other for passing the chain there through; a ring body forming an approximately rectangular or circular ring shape and having a penetrated aperture portion for passing the chain there through; and a coil spring for biasing the sliding body and the aforesaid ring body in a direction to catch the chain. The push type fittings is provided at low cost, is easy to assemble without making an outer shape large, is favorable in operability, and is easy to repair.